

# LONDON metro®



## IT'S BEEN A BUMPY SEASON SO FAR

BUT JAYS MANAGER JOHN GIBBONS BELIEVES THE TEAM CAN PULL OFF A SECOND-HALF SURGE TO MAKE THE PLAYOFFS **PAGE 14**

## A wurst-case scenario

As the city drags its heels on food trucks, one restaurant advocate makes the case for no chips on the old block **PAGE 2**

## London's cougar moment

We're the older-woman-younger-man capital of Canada, says CougarLife.com. Rawwwwrr! **PAGE 3**

## When the voices in your head talk sales

A German ad agency is testing technology that beams ads into rail commuters' inner ears **PAGE 5**

**Wednesday's Jackpot**



**\$3,000,000**  
estimated



An aerial view of the town of Lac-Mégantic, Que., on Saturday after a train carrying crude oil derailed and exploded into a series of fireballs. Some 50 trains rumble through London every day. According to Statistics Canada, the top five commodities transported by trains in Canada in April 2013 were iron ore, coal, wheat, potash and fuels. Officials did not respond to requests for details about what's passing through London. THE CANADIAN PRESS/HANDOUT/SÛRETÉ DU QUÉBEC

# London ready for disaster: Officials

**Lac-Mégantic.** Quebec tragedy highlights need for safety planning, preparedness



**SCOTT TAYLOR**  
scott.taylor@metronews.ca

London has a detailed and rehearsed emergency plan of action in place should anything similar to the Lac-Mégantic train derailment occur here, says the man in charge of public security for the city.

Mammoth explosions ignited by tankers carrying crude oil levelled much of the small Quebec town and killed at least 13 people, with many more still missing as of Monday.

With about 50 trains — some of them a kilometre-and-a-half long — rumbling through London every day, Dave O'Brien says nothing is taken for granted when it comes to safety.

O'Brien says the city has multiple-scenario disaster plans that are developed with first responders and rail lines, and drills are conducted frequently.

In fact, he adds, a full mock disaster was played out two years ago with police, firefighters, paramedics and hospitals involved, and it dealt with both rail and trucking scenarios.

"We did a three-day training event so that police and

### The latest from Quebec

- At least 13 people were confirmed dead and nearly 40 were still missing on Monday after a freight train carrying crude oil derailed on Saturday.
- The derailment and resulting explosion forced the evacuation of about 1,500 people. They are expected to start being allowed back into their homes in the next couple of days.

fire and ambulance got familiar with the type of tankers that come through the city, how to manage a leak from those tankers, what types of valves they use, all of that kind of stuff," O'Brien said. "Then we simulated a derailment in the city, where we had tankers that left the tracks and we had a scenario where there was a leak and fires."

Getting the word out quickly and to as many people as possible that a spill has occurred would be crucial to saving lives.

"We're going to do media releases to tell people to get out. Likely we're going to do an in-person evacuation, which means sending people out to knock on doors and tell residents where they need to go, and we'd bring buses into the area to move people

to a reception area," he said. "We'd also get the message out on social media."

Steve Van Valkenburg, deputy chief of Middlesex-London EMS, says his team would set up triage areas and then transport casualties to hospitals or onto Ornge helicopters to be flown elsewhere for treatment.

"Our concern would be to treat the injured at the scene and to get them to the proper medical care," he said.

He added the city's emergency planning committee meets regularly to discuss plans so that in the event of a disaster everyone would understand their role.

"There's always ongoing training for that," he said, adding that another full drill will be staged this fall.

The role of London police would mostly consist of making sure the streets are clear so that firefighters and paramedics could get to where they're needed as quickly as possible.

"It would be a community group effort," Const. Ken Steeves said. "We'd do traffic control, blocking off roadways and if there are any casualties, and we can help get them out there, we'd do that, as well."

Canadian Pacific Rail, Canadian National Railway Company and Transport Canada didn't answer questions about what type of dangerous cargo travels through London on a daily basis.

# Political football in London, food trucks are big business elsewhere

**Launch of program stalls.** Head of Ontario's restaurant association weighs into the local debate



SCOTT TAYLOR  
scott.taylor@metronews.ca

They may be the latest fad on the street, not to mention the Food Network, but mobile food trucks don't cut the mustard with everyone.

While other cities such as Ottawa promote them, city management here is still wrestling with how and when to allow them to dot the landscape.

A new presentation is expected this fall.

In that regard, no news is good news for Tony Elenis, CEO of the Ontario Restaurant, Hotel and Motel Association, who believes they have unfair competitive advantages over traditional eateries.

"It's no different than a flower shop having a flower truck parked in front of it," he said. "It collects the money from people who were going to go into the brick-and-mortar flower shop, and then it moves on and does it to the next flower shop down the street."

He said trucks don't have to pay staff and generally have far lower overhead than that of restaurants. It's a com-

## Success story

Ottawa is one of several cities where food trucks are booming.

- City council initiated a program last year that now boasts 61 food trucks and carts in the nation's capital.

plaint that's already been expressed by several London business owners who say the city's program, when it comes, will need rules aimed at softening the blow.

"Brick-and-mortar restaurants work on two or three per cent margin bottom line, and they've faced so many economic stones with the shortfall of American tourists coming over to the economy itself. It's an industry in which sometimes you sneeze, and you kill it," Elenis said.

"Because of the price points they charge, the ones that'll be affected are the mom-and-pop operators that have built a business by working very hard over the years."

Elenis acknowledged, however, that he doesn't have any hard numbers with which to prove his argument. "Because it's a new phenomenon, we have not had something tangible, although when we talk to many restaurants across North America, they would confirm that," he said.

To be clear, he's not



People grab grub from a food truck in Victoria Park during last weekend's Sunfest. While mobile eateries are permitted to roll into the park for festivals, they have not been given full rein of city streets just yet — and that's a good thing, one restaurant association advocate says. ANGELA MULLINS/METRO

against the concept, just the location. Elenis is all for food trucks at special events, such as festivals.

On the other hand, the city of Ottawa, among others in the province, not only allows them, but actively promotes them. While city administration didn't provide a spokesperson to talk about them, its website is clearly in favour of the mobile eateries.

"Food carts and trucks serving classic street-food favourites have been a part of Ottawa's streetscape for years," it says. "In 2012, city council approved the New Street Food Vending Program to encourage new, convenient and culturally diverse fare on city streets."

The city says 17 new vendors in the spring of 2013 (10 trucks and seven carts) bring

the total number to 61 street food vendors (32 trucks and 29 carts).

Locally, the head of a downtown business organization said she wants no part of the controversy.

"There are just too many competing interests, so we're walking right down the middle of (the issue)," said Downtown London executive director Janette MacDonald.

## Kayla's right royal opportunity: Local Highland dancer to perform for the Queen



Kayla Sutherland, 11, has earned a chance to show off her best jig before a royal court.

MIKE DONACHIE/METRO

A young Londoner is getting ready for her crowning achievement — dancing for Queen Elizabeth.

Kayla Sutherland, 11, a Grade 6 student at White Oaks Public School, is heading to Scotland this summer to join a select few at a dancing and sports event.

She's heading for the Braemar Royal Highland Gathering on Sept. 7. The Highland games, which includes tossing the caber, races and traditional dancing, is always attended by members of the British Royal Family.

"I'm really nervous," Kayla admitted. "It's the whole Royal

Family that I'm dancing for."

Mom Jennifer Sutherland said, "I told her that, if she's lucky, she'll get a peek at Kate and Wills' baby, because that's due in July."

Kayla, a champion in the Ontario Provincial Closed Championship, will have a three-week trip to take part in several events, including the Scottish Pipe Band Championships in Glasgow.

She had to apply to compete at Braemar. Only champions can apply and only 20 — the best of the best — will compete.

She will perform five dances: The sword dance,

## Look out for Kayla

Kayla and her dad have been busking outside Budweiser Gardens on Sundays to raise money for her upcoming trip to Scotland.

- Kayla dances and her dad plays the bagpipes.

Flora MacDonald's Fancy, the hula-hula, the Scottish lilt and the seann triubhas — pronounced "shenn troovas."

Kayla's family has strong Scottish connections on both sides, including her grand-

mother Anne Sutherland, who runs Sutherland Studio of Dance in London and has been teaching Scottish Highland dancing for 47 years.

Kayla said proudly, "I raised my whole airfare for travel to Scotland last year, and I'm trying to do the same now."

She goes to lessons four nights a week and has been dancing since she was two years old.

"We leave it up to her," Jennifer Sutherland said. "Every year we ask her, is this what you want to do?"

"And I said 'yes,'" pitched in Kayla.

MIKE DONACHIE/METRO



## New capital. 'Cougars' on the prowl in Forest City

If you're a young man looking for love with an older woman, then you're in the right place.

London has been named the Cougar Capital of Canada by a website that specializes in connecting older women with younger men.

Using the terms "cubs" and "cougars," the site CougarLife.com offers dating with a built-in age difference, if that's what floats your boat. Turns out that London is leading the way on the site, with a greater choice of women who fit the bill.

CougarLife explained that its national ratio for Canada is 50/50 for men and women, but in London it's 60 per cent women. It revealed there are 5,110 cougars registered on the site in London, thanks to a surge in new member registrations in the last year.

Nationally, there are particular hotspots near university campuses, and CougarLife mentioned Western University as a place where many young

### Percentage

60

Percentage of older women versus younger men registered on a Cougar dating website in London. Source: CougarLife.com

male students "consider the cougar-cub dynamic very attractive."

Marlo Jordan, who won the Miss CougarLife.com contest and is described by the site as their "spokes-cougar," said: "What was once an older predatory woman haunting college bars is now a successful, independent woman who needs a younger man who can keep up with her — in and out of the bedroom. ... If I can give a tip to the young Cubs of London, it's to not be intimidated by an older woman. She's most likely not looking for anything serious, so just have fun and enjoy the ride." **MIKE DONACHIE/METRO**

## Jamal Gray. Stabbing suspect ID'd, on the run

Police have identified the suspect in a stabbing that sent a 17-year-old boy to hospital Saturday morning.

Jamal Gray, 27, is to be charged with aggravated assault and property damage. He was last seen wearing a white tank top, brown shorts and possibly a silver loop necklace. He's described as having a medium to heavy build.

Police were called to 1090 Kipps Lane about 7:30 a.m. They found the victim with what's been described as a "significant" stab wound.

Gray and the victim know each other, police said, and had

### Who to contact

Anyone with information about the Kipps Lane incident is asked to call police at 519-661-5670 or Crime Stoppers at 800-222-8477.

been involved in a verbal altercation, which escalated to the teen being attacked. Gray lives in the same housing complex as the victim.

Police are urging anyone who sees Gray to not approach him and call 911.

**SCOTT TAYLOR/METRO**

### Youth basketball

## YMCA, Lightning offering camps

The YMCA of Western Ontario and the London Lightning are teaming up for three youth basketball camps in London and St. Thomas.

The first camp started Monday in London with a second slated to start July 15. The last session will be July 22 to 26 at the YMCA in St. Thomas.

Lightning Coach Micheal Ray Richardson is leading the camps with former NBA all-star Otis Birdsong. **METRO**

### Western health research

## CIHR funding tops \$8 million

Western University researchers have received more than \$8 million for projects that will study everything from breast cancer to embryo health.

The money is some of \$238 million being doled out over six years by the Canadian Institutes of Health Research. Of the 453 projects, 13 are at Western and most are being spearheaded by the Schulich School of Medicine and Dentistry. **METRO**



## Condo goes up as value of London-area building permits dips

A worker makes way on a 12-storey condo development along Springbank Drive on Monday as Statistics Canada reports a dip in the value of London-area building permits. The value dropped 26.9 per cent — down to \$86.1 million in May 2013 from \$117.7 million a year earlier, the data shows. That compares to a 20.6 per cent increase for Ontario as a whole during the same period. Some places outpaced that with a 32.9 per cent increase recorded in Windsor and an 82.9 per cent increase in Guelph. **MIKE DONACHIE/METRO**

# London gets C-minus for its 'fat cats'

## Sunshine List. Campaign group criticizes spending and salaries



**MIKE DONACHIE**  
mike.donachie@metronews.ca

London has been told to cut the cream for "fat cat" staff as the city was given a C-minus in the Canadian Taxpayers Federation's report card.

The campaign group's Ontario director, Candice Malcolm, had some straight talk for the city, which is adding

to its Sunshine List of people earning more than \$100,000 a year.

According to the federation, the average Sunshine List salary in London is \$115,279, and there are 29 per cent more people on the list than in 2010.

It takes the tax from four households to pay the salary of one of the \$100,000 plus employees, which the CTF refers to as "fat cats."

The worst municipal performers were Oshawa and Kingston, which increased their Sunshine List by more than 80 per cent since 2010.

### What they earn

- Police Chief Brad Duncan: \$215,357
- Fire Chief John Kobarda: \$172,146
- Mayor Joe Fontana: \$102,717

"London falls in the middle of the pack in Ontario in this year's report card," Malcolm said. "The municipal government needs to continue to reduce spending and start thinking about the taxpayer before giving staff more pay raises."

The C-minus grading is based on several factors, including a "fat cat ratio" of 10.73 staff to every 10,000 residents.

Coun. Bud Polhill defended the city's record, saying: "I think it's reasonably well-run. We've got a triple-A credit rating. We've held our taxes at zero, zero and 1.2 (per cent increases in the past three years).

"I don't know too many cities the size of London who can say that," he added.

He also noted that some of the salaries in the CTF survey were set after arbitration that the city did not control.

## Member of Wynne's transition team facing child-porn charges

Police have arrested a member of Ontario Premier Kathleen Wynne's transition team on several charges, including making child pornography.

Benjamin Levin, 61, was arrested Monday. Now a professor at the Ontario Institute for Studies in Education at the University of Toronto and the Canada research chair in education leadership and policy,

Levin was deputy minister of education from 2004 to 2009 under former premier Dalton McGuinty.

"It's unbelievable that it would be him," said one close colleague at OISE who added Levin was one of the most respected people in the field of urban education. "It sounds crazy — you always hear people say, 'He is such a nice man'

when someone is arrested like this," added the colleague, who asked not to be named.

Levin was named to Wynne's transition team earlier this year after she became leader of the Ontario Liberal Party in January.

At Queen's Park, Wynne's office could say little Monday about the accusations against Levin. **TORSTAR NEWS SERVICE**



**Benjamin Levin**  
CONTRIBUTED/OISE.UTORONTO.CA



## Asiana crash. Coroner to verify findings on whether girl was killed by fire truck

A coroner said Monday he would not report for "at least two or three weeks" whether one of the two Chinese girls who died in the Asiana Airlines plane crash in San Francisco was struck and killed by an emergency vehicle.

San Mateo County Coroner Robert Fouchault said that while autopsies of the two teens have been completed, he wants to review information from the public safety agencies that responded to Saturday's crash and audio dispatch files before determining their causes of death.

"This is a very high-profile case and has obviously generated a lot of attention," Fouchault said. "I want to make absolutely sure my conclusions are correct."

San Francisco fire officials acknowledged that one of their trucks may have accidentally struck one of the two girls, who were the only fatalities.



The two victims, Ye Mengyuan, left, and Wang Linjia, in an undated photo. THE ASSOCIATED PRESS

Federal accident investigators have reviewed airport surveillance footage to see if it showed someone being struck by a fire truck on the runway and found "it wasn't conclusive," National Transportation Safety Board chairwoman Deborah Hersman said.

THE ASSOCIATED PRESS

## Egypt. Brotherhood calls for all-out rebellion after protest ends in 54 deaths

Egyptian soldiers and police clashed with Islamists protesting the military coup in bloodshed that left at least 51 protesters and three members of the security forces dead, officials and witnesses said.

The deaths plunged the country deeper into crisis, with calls by the Muslim Brotherhood's political party for all-out rebellion against the army.

The carnage outside the Republican Guard building in Cairo marked the single biggest death toll since massive protests forced President Mohammed Morsi's government from power.

Even before all the bodies

were counted, there were conflicting accounts on how the violence began. The pro-Morsi protesters said the troops attacked their encampment without provocation just after they had performed dawn prayers. The military said it came under a heavy assault, first by gunmen who killed an army officer and two policemen.

Witnesses from outside the protest camp said troops appeared to be moving to clear the days-old sit-in and were firing tear gas when gunfire erupted.

More than 400 were wounded in the mayhem, officials said. THE ASSOCIATED PRESS



Soldiers hold fast around the Republican Guard building, where the carnage took place, in Nasr City in Cairo. KHALIL HAMRA/THE ASSOCIATED PRESS

# Players point fingers while town carries on

**Lac-Mégantic disaster.** Rail company and the fire service of a nearby town blame each other

The finger-pointing has begun in Quebec while investigators search for causes of a devastating train derailment that has triggered a still-rising death toll.

Statements from various players pointed Monday to a possible dispute about what happened and who's to blame.

The main antagonists are a rail company and the municipal fire department in a town near the ruined Lac-Mégantic.

The fire chief in Nantes, Que., said he can't believe a train was left running and unattended in the hours before the disaster, when it had already just been in flames.

Patrick Lambert said his team had been trained by the Montreal, Maine & Atlantic railway to handle fires on its line — and that it had fought four fires on the company's trains in the last eight years.

Firefighters intervened late Friday to put out the blaze in Nantes, about 10 kilometres up a slope from Lac-Mégantic.

Hours later, that same train rolled down into Lac-Mégantic, derailed and exploded, killing at least 13 people and leaving nearly 40 more missing.

Lambert said the engine was shut off as per standard procedure and the blaze was extinguished in under an hour.

"The people from MMA told us, 'That's great — the train is secure,'" Lambert told reporters. "We were given our leave."

The rail company tells the story differently.

Edward Burkhardt, the president and CEO of parent company Rail World Inc., suggested Monday that the fire crew didn't do enough — and



Raymond Lafontaine, who lost a son and two daughters-in-law, hugs Maud Verrault, who worked at the Music-Café Bar and lost friends and colleagues, at the Lac-Mégantic refugee centre on Monday. RYAN REMIOWZ/THE CANADIAN PRESS

that the decision to shut off the engine to put out the fire may have disabled the brakes.

"As the air pressure deflates, (the brakes) will become ineffective and an hour or so after the locomotive was shut down, the train rolled away," Burkhardt told the CBC on Monday.

While the fire service said it left the train in the care of a track-maintenance employee, Burkhardt said it's possible that person might not have known how to secure the breaks.

"When they get a call about a locomotive having a fire, why

did they not rouse the engineer (from bed) and take them out

there with them?" he asked.

THE CANADIAN PRESS

### New reality in Lac-Mégantic

The town of Lac-Mégantic began its work week in anything but working order.

- **Ruin.** Dozens of businesses and homes were destroyed. A grocery store, a dollar store and a popular bar are gone. So is the municipal library. Other areas are off-limits.

- **Death.** The coroner's office asked relatives of people missing to provide DNA — like on a toothbrush — to help identify victims.

- **Sympathy.** From England, the Queen offered her condolences Monday for what she described as a shocking loss of life.

## Effect on pipeline vs. rail debate

The deadly explosion highlights the risks that come from transporting oil, no matter the method.

Spills from rail cars occur more frequently than from pipelines, but tend to be smaller. And pipelines can be built to avoid population centres and fragile ecosystems, while trains travel routes where such concerns often were not weighed.

The Quebec disaster underscores a trend in which North America's oil is increasingly transported by train, as plans for new pipelines stall.

Since 2009, the number of train cars carrying crude oil hauled by major railroads has jumped nearly 20-fold.

Prime Minister Stephen Harper, who has been pushing the U.S. administration to approve the Keystone XL pipe-

line, has called railroad transit "far more environmentally challenging."

Fadel Gheit, an energy analyst at Oppenheimer & Co. Inc., said it would be a mistake to view the disaster as a boost for the Keystone project — and that Harper will need to persuade the Obama administration on the project's merits, rather than the dangers of rail. THE ASSOCIATED PRESS



Crews search through the rubble on Monday. RYAN REMIOWZ/THE CANADIAN PRESS



# Storm makes for a nightmare commute in T.O.

Heavy rains caused power outages across the Greater Toronto Area, including much of Mississauga, and caused a commuter nightmare Monday evening with parts of major highways flooded and subway stations closed.

Enersource said about 80 per cent of Mississauga, with a population of more than 700,000, was without power.

Toronto Hydro said 6,000 customers in west Toronto were without power, while 29,000 customers in Markham and Richmond Hill also lost their electricity, as did some in

central Newmarket.

Environment Canada said total rainfall amounts could top 75 millimetres as the storm moved from Mississauga and Brampton eastward through Markham, Richmond Hill and Toronto.

The Don Valley Parkway was partly closed while provincial police warned drivers to steer clear of parts of Highways 427, 401 and 27, all due to flooding.

The Toronto Transit Commission stopped all subways due to signal and power issues throughout the city.

THE CANADIAN PRESS/680 NEWS



A woman had to use her window to get in and out of her car as Toronto's Lake Shore Boulevard West flooded during Monday's storm. THE CANADIAN PRESS

## Goodbye. Vic Toews says he leaves us with a safer nation

A federal cabinet minister who suggested his opponents were allies of child pornographers and saw details of his sordid divorce on social media while he argued for increased Internet surveillance is leaving politics.

Public Safety Minister Vic Toews announced Monday, in the leadup to an anticipated cabinet shuffle, that he was resigning as MP for the Manitoba riding of Provencher effective Tuesday.

"I am leaving public life in order to focus on my family and to pursue opportunities in the private sector," Toews said in a news release.

Toews, 60, was first elected to the House of Commons in 2000. In the last federal election in 2011, he won the seat for the Conservatives with just over 70 per cent of the vote.

"One of the commitments I made to my spouse by the time my young son goes to school,

### Not a friend to all

Not everyone will miss Toews.

- "All too often we saw spite and short-sightedness instead of gravitas," said federal NDP ethics critic Charlie Angus.

- "Many of my colleagues and myself won't miss his insults," added NDP justice critic Francoise Boivin.

I will have left politics. He is entering Grade 1 this year," he told radio station CHSM in Steinbach, Man.

He said he leaves public office "at a time when I believe our country is more sensitive to the needs of victims, more fiscally sound and safer for citizens and future generations of Canadians." THE CANADIAN PRESS



Ad agency BBDO Germany is testing out a new way to market products to rail passengers. When someone's head touches a train window, it activates an ad that uses so-called bone-conducting technology — which makes it sound as if the commercial is playing in the passenger's head. ISTOCK

# Marketers beam ads into rail commuters' heads

**Germany.** When a sleepy passenger leans his head against a window, an ad with bone-conducting technology is triggered

### Quoted

"It's at the trial phase and the public reaction will decide if this takes off."

Ian Barber of the Advertising Association



The European marketing world has a new trick that may prove difficult for people to escape — especially those who happen to nod off while on a train.

Ad agency BBDO Germany has been testing a system that transmits a message from the windows of train. Using so-called bone-conducting technology, the ad is activated when a commuter's head touches the glass and enters their inner ear, playing only for them.

"Passengers were pleasantly surprised," a spokesperson

told Metro, following trials on public transport in North Germany with an ad for Sky Media. "It can also be used for entertainment, weather updates and so on."

Similar bone-conducting technology is used in the forthcoming Google Glass device, and the model could become common if successful.

"It's at the trial phase and

the public reaction will decide if this takes off," Ian Barber of the Advertising Association told Metro. He added that "public space is the innovative sector" and near-field technology, facial recognition and augmented reality are all developing fast.

But reaction to the innovation has been mixed, with technology author Cory Doctorow describing it as "nightmarish," while comments below the video included promises to smash the glass.

BBDO claim the prototype has been successful but are waiting on customers before announcing a rollout date.

## Upswing. Loonie rises amid strong housing data

The Canadian dollar closed higher on Monday amid data showing surprising strength in the Canadian housing sector in May and a survey showing that Canadian companies remain cautious on investment and hiring.

The commodity-sensitive loonie also benefited from rising metal prices, and was up 0.07 of a cent to 94.7 cents US.

Statistics Canada reported that building permits worth \$7.3 billion were issued in May, up 4.5 per cent from April. Economists had expected a

drop in the neighbourhood of 10 per cent.

The increase in May came mainly from the residential sector in Ontario and the non-residential sector in Quebec.

Meanwhile, the Bank of Canada's latest survey of business intentions suggests Canadian companies are uncertain about the pace of the economic recovery. And the survey of 100 firms shows corporate Canada is pulling back on their investment plans and keeping hiring modest.

THE CANADIAN PRESS

### Mortgage rules

19% of first-time homebuyers have delayed purchase

A new Bank of Montreal study suggests roughly one in five potential first-time homebuyers have postponed their purchase since Ottawa tightened Canada's mortgage rules last year. Finance Minister Jim Flaherty's introduced his new lending rule a year ago Tuesday. Since then, 19 per cent of those polled by BMO say they have decided to wait longer to buy their first home. THE CANADIAN PRESS

### Market Minute

**DOLLAR**  
94.70¢  
(+0.07¢)

**TSX**  
12,208.87 (+73.96)

**OIL**  
\$103.14 US (-8¢)

**GOLD**  
\$1,234.90 US (+\$22.20)

**Natural gas:** \$3.74 US (+12¢)  
**Dow Jones:** 15,224.69 (+88.85)

# NARCISSISM? AT THE GYM? OBVI

At 27 years old, I'm finally at a place in my life when I spend more time in sneakers than high heels. Weekends that were once spent partying are now devoted to working off the pounds I put on in my early 20s.

Every Saturday morning I haul myself out of bed to attend a ballet barre fitness class at a studio by my apartment. The hour-long class is filled with impossibly beautiful women, many of whom are trained dancers. I have all the grace of a rhinoceros in comparison to these elegant and toned swans but I figure as long as I keep showing up it's got to count for something.

The instructor, a sculpted goddess who always looks as if she just finished a photo shoot for Shape magazine, insists that everyone watch themselves in the mirrors to ensure proper form and see



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

how our bodies look as we go through the movements.

I have a hard time with this as I've always hated the idea of working out in front of any sort of reflective surface. I associated mirror-gazing with iron-pumping body builders and women who put on a full face of makeup and curl their eyelashes before heading off to their morning pilates class.

But the more I work out, the more I've come to realize that there's something to be said for a little bit of narcissism at the gym. Sure it's vain to admire your body while curling your biceps but hey, isn't the gym the most reasonable place to exercise a bit of vanity?

If you're spending a few hours a week working out, it's not entirely unreasonable to try and look good while doing it. For me, a big part of this means investing in

a good workout wardrobe. I want my clothes to be high performing; but I also want them to look reasonably stylish. I know that most exercise routines could be completed in well-worn sweats; but throwing on an oversized T-shirt just doesn't motivate me to sweat it out nearly as much as a colourful, racer-back tank top.

I've caught some flak for my substantial collection of pastel Nike Frees and \$90 yoga pants — you'd think I signed a sponsorship agreement with my local Lululemon — but it's petty to criticize people for incorporating a little fashion into their fitness routine. I'd rather someone judge me on the number of push-ups I can do in a row, not because you think my outfit is trying too hard.

If you head to the gym on a regular basis to get in shape, gain strength and sculpt your body, then it's not so objectionable to dress up a little and check yourself out every once in a while.



Follow Jessica Napier on  
Twitter @MetroSheSays

## ZOOM

# Pride and fibreglass



DAVID PARRY/PA/THE ASSOCIATED PRESS

## Firth immortalized as Mr. Darcy from Pride and Prejudice

It's Colin Firth, but not as we know him. He's 3.7 metres tall and made of fibreglass.

A statue of brooding Mr. Darcy, the character played by Firth in *Pride and Prejudice*, was installed Monday in London's Serpentine lake.

The figure shows Darcy

emerging from the water in a soaked shirt, recreating a scene from the 1995 television adaptation of Jane Austen's novel. The scene helped turn Firth into a sex symbol and is regularly voted among Britain's most memorable TV moments.

One of the sculptors, Toby Crowther, said the work took the lake scene as a starting point but also drew on other depictions of Austen's romantic hero.

The statue, which shows Darcy from the waist up, was placed amid the swans and swimmers in the Hyde Park lake to promote Drama, a new TV channel dedicated to British programs.

It is scheduled to go on display at several locations before being installed in a lake in Lyme Park, northwest England, where the scene was filmed. It will remain there until February.

THE ASSOCIATED PRESS

## Viewers have their say

**"We did a survey of 2,000 TV viewers and the most iconic moment was Mr. Darcy's emergence from the lake and his meeting with Miss Bennett."**

Adrian Wills, general manager of UKTV channel Drama, told U.K. newspaper the Guardian.

## Clickbait



**HANNAH ZITNER**  
hannah.zitner@metronews.ca

**So you're heading out of town and spent more time preparing your vacation wardrobe than booking your hotels. No**

**problem. With more hotel help apps and websites around than you can throw a pina colada at, you should be able to find a place to stay faster than you can say "cerveza, por favor."**

### Lonely Planet:

Known as the budget backpackers' bible, the Lonely Planet's website lets holiday makers of varying budgets find a place to stay from hostel beds to luxury resorts. Just plug in your dates, budget and LP does the rest.

### Hotwire:

If you're looking for a five-star room at a one-star price, Hotwire's your site — as long as you don't mind surprises. Hotwire lets you choose the hotel based on the area and

amenities you're looking for, but keeps the hotel name a secret until you've booked.

### Booking.com:

Though the site does much the same as many of the other travel sites, booking.com also offers secret deals — kind of hybrid between traditional booking sites and Hotwire-type sites. It also alerts you when a room is the last available room in a hotel (which could just be a ploy to make you stop humming and hawing and book already).



LONELY PLANET

## Twitter

**@metropicks asked: Would you smash a stranger's car window to save a dog? How about a child?**

**@mackaylc:** What is the alternative, watching them die? I would definitely smash a window to rescue a child or animal in distress.

**@canuckitude:** The cost for the stranger to replace a window is nothing compared to the loss of a life. Child or Pet.

**@MicheleCrystal\_:** my dad did for a dog when I was little! Still remember it and I def would if I saw one today

**@koolkirbs:** You can always buy a new window, but the life of a child cannot be replaced.

**@howwon:** Yes and I would stick around to snap a photo and share them on the social media network.

**Follow @metropicks and take part in our daily poll.**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [londonletters@metronews.ca](mailto:londonletters@metronews.ca)



DVD reviews



Dead Man Down

Director. Niels Arden Oplev

Stars. Colin Farrell, Noomi Rapace, Terrence Howard

The cautionary adage about weaving tangled webs in the process of deception certainly applies to this overwrought thriller, which topples from the weight of its own contrivances. This U.S. debut by Denmark's Niels Arden Oplev, who directed the original version of *The Girl With the Dragon Tattoo*, sets up a promising scenario of rival revenge seekers, played by Colin Farrell and Noomi Rapace. The premise gets knotted up through a tangle of *Dragon Tattoo*-style symbols, a surfeit of characters and subplots and a script by J.H. Wyman (*The Mexican*) that inspires snickers and eye rolls. All bets are off when the film resolves itself with the big, dumb explosive showdown that American films are noted for.

PETER HOWELL

The Gatekeepers

Director. Dror Moreh

A monolith crumbles in *The Gatekeepers*, and the sight inspires awe. Israeli documentarian Dror Moreh takes us inside the Shin Bet, his country's internal security and anti-terrorism service. He shines a spotlight not just on this shadowy operation — its motto is *The Unseen Shield* — but also on the conflicted intentions and mixed emotions of the men who run it.

PETER HOWELL



Derek Waters admits he's a 'snob' and said he was hesitant to put the *Drunk History* videos online. But he's glad he did. RICARDO TIRADO

# Lots of drinking mixed with a little thinking

**Drunk History.** What started as a small bit for a comedy act is now an Internet phenom and show on The Comedy Network

NOLAN GAWRON

Metro World News in New York

*Drunk History* began as a short film for Derek Waters' comedy act, and that's all it was supposed to be.

"Its only intent was to be for a live show I was doing," Waters reminisces. "It was my own show and I was trying to show videos. I figured it was better to make people laugh than to put it online."

But it grew into an Internet sensation picked up by *Funny or Die* and now, seven years later, Waters and co-creator/director Jeremy Konner are bringing their *Drunk History* to The Comedy Network. Waters says his initial reluctance to even put the videos online came from how people used to view Internet comedy.

"It was right when the Internet was being judged by hits over comedy. I'm still a snob, but I was a bigger one back then," he says.

"Nothing really happened until we put it on the Internet and it got on the front page of YouTube and then Jack Black saw it and said, 'I always wanted to be Ben Franklin.' And that was that. You can't really turn down Jack Black. Why would you?"

Gathering comedic friends and notable fans, Waters and Konner film drunken narrators as they tell enthusiastic historic tales warped by inebriation, brought to life by celebrities with truly hilarious results. While it's hard to imagine that the participants are actually that drunk, Waters assures us that everything, even the vomiting, is the result of unscripted excess.

"It's 100 per cent real," says Waters.

"The narrators are completely drunk and the re-enactors are completely sober. We're trying as hard as we can to tell you about history. It just so happens that it's slightly altered."

But Konner says the narrators plan enough in advance that they at least try to get

Drunk on star power

*Drunk history* airs Tuesdays at 10 p.m. ET/PT on The Comedy Network.

their stories straight. But that never happens.

"We absolutely allow the stories to take their course," he says.

"We go in with a plan and the plan goes out the window immediately. What's been funny and interesting in this process is that people know the story very well. They do the research — which they should — they brush up and read over their books. We think we know how the story is going to go, but no!"

## Kris Jenner. Getting a little help from her friends

Kris Jenner isn't going it alone on her new talk show: Joan Rivers and Sean "Diddy" Combs will be among the co-hosts sharing the stage with Jenner.

The show's producer said Monday that Jenner will be paired with a different co-host for each episode of the daytime show, titled *Kris*.

Others in the lineup in-

clude Kathie Lee Gifford, Morris Chestnut, NeNe Leakes, Tom Bergeron and Ryan Seacrest, who produces *Keeping Up With the Kardashians*, which features Jenner and other family members.

Khloe Kardashian-Odom, one of Jenner's daughters, also will be a *Kris* co-host.

THE ASSOCIATED PRESS



Kris Jenner. GETTY IMAGES

Threads

## Yeezus! Kanye's trying his hand at fashion again

Kanye West is true to his track *Can't Tell Me Nothing* as he silences his fashion critics with a design comeback.

"Yeezus," indeed. The rapper drops a new fashion line with French chic A.P.C.

@APC\_FRANCE con-

firmed the new hook-up over Twitter, stating: "A.P.C. KANYE CAPSULE COLLECTION JULY 14."

It's West's first return to the fashion arena since last year, when his own-label womenswear collections were widely panned.

Kanye's collaboration with A.P.C. — known for its pared-down Parisian cool — will include jeans, hoodies and T-shirts. The clothing line also features a red "A.P.C. Kanye" tab.

METRO WORLD NEWS



## The Word



@DanielRadcliffe Dear Harry Potter, I'm Gabriel, from Brazil. Your tweet has 2 mistakes: "it has been" and "amazing".



@KimKardashian, you're beautiful. I'm Ana Beatriz from Brazil, I'm 8. Look, you wrote Were, but it's "we're". Kisses.



Hi, @justinbieber! My name is Maria, I'm 9 and I'm a fan from Brazil. Watch out: it's "we're here" not "we here". : )

## #Adorable: Brazilian kiddies kick celeb spelling butt on Twitter

JULIA FURLAN  
Metro World News

The scourge of bad grammar on the Internet often begins

with the people with the most visibility. From Rihanna to Miley Cyrus, misspelled words, slang and general grammar mistakes are more or less the norm — but one Brazilian English language school is seeking to change that.

The English school Red Balloon, which has schools all over Brazil, is encouraging its young students to reach out to their idols on Twitter, correcting their grammar and spelling. Tweets like "@danielradcliffe Hi Harry Pot-

ter, I'm Gabriel from Brazil. Your tweet has 2 mistakes in it: 'It has been' and 'amazing' are often accompanied by photos of the kids looking as adorable as the entire endeavour is.

Whether anyone is actually going to pay attention to spelling and grammar on Twitter, of course, remains to be seen. Until then, the #celebgrammascops are at it, though they have yet to get any celeb replies, and celebrities have yet to take the grammar lesson to heart. Clearly.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Actor Chris Pratt shows off his surprisingly fit physique. CHRIS PRATT/INSTAGRAM.

## Andy Dwyer, is that you? Pratt's new pack makes us thankful for Instagram

Chris Pratt, who plays lovable small-town slacker Andy on Parks and Recreation, seemed to be getting into method acting this year — Andy got tubbier and tubbier as the season wore on.

Turns out it wasn't because of April's awesome cooking: Pratt was bulking up for a role in Delivery Man. But his next role will be a superhero in Guardians of the Galaxy, which requires him to bulk up in a different way, and as his Instagram account proves, he's been changing his lifestyle accordingly (and very successfully).

"Six months no beer.

#GOTG Kinda douchey to post this but my brother made me," the actor captioned the above proud selfie. Pratt's brother deserves the praise of a grateful nation.

Pratt and his wife Anna Faris are the parents of one-year-old Jack Pratt. Not a lot of fanfare was made about baby Jack's somewhat premature appearance on Aug. 25 of last year. Instead of appearing on any magazine covers to showboat the news, Pratt tweeted this message to his followers, "It's a boy! Thanks for all your kind words. In lieu of gifts we ask that you mouth kiss a stranger."

## Is Jen pasting on a false pre-nuptial face?



Justin Theroux and Jennifer Aniston GETTY IMAGES

Jennifer Aniston and Justin Theroux stepped out together for the first time in a month amid rumours that their engagement has hit an impasse, with wedding plans reportedly on hold, according to Us Weekly. The couple — who were engaged a year ago — looked chipper enough while they went out to do some shopping in Beverly Hills on Sunday, but sources say Aniston may be putting on a brave face. "She has been cranky from the stress" of wedding planning and home renovations, a source says. "Justin's never seen her like this."

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Canadians may revel in the splendours of summer — hot-weather clothing and open-toe footwear, trips to the lake or seaside, and the no-fuss joy of outdoor cooking on the grill. But those lazy days of summer also come with a slew of health hazards, from bug bites and burns to sore feet and serious injuries. Here are five of those summer stresses and how to avoid them.

THE CANADIAN PRESS



### Lawn mower mishaps

It seems like a simple idea — turn on the mower and cut the grass. But each year, thousands of North Americans are injured performing this gardening task, sometimes seriously. From 1990 to 2006, 1,161 Canadians went to hospital emergency departments with lawn mower-related injuries, with roughly half of them aged 14 and under, statistics gathered by the Canadian Hospitals Injury Reporting and Prevention Program show. With hot weather, there's also a tendency for people to dress inappropriately for the job they're doing — mowing barefoot or wearing open-toe sandals and skimpier clothes that leave skin bare and vulnerable to injury.

# 5

## warm weather pitfalls



### Foot foibles

Ah, summer. Getting out of heavy winter boots and shoes and into open-toed and heeled footwear that makes tootsies feel cool and light. But wearing flip-flops or sandals can create unexpected problems. Thin soles can put the wearer at risk for cuts or punctures from walking over sharp objects like nails or broken glass. More often, such warm-weather apparel can lead to painful, achy feet, legs and back. Problems in the feet caused by unsupportive footwear like flip-flops can transfer up the leg, leading to biomechanical dysfunction — and pain — in the knees, hips and lower back. Spending hours sightseeing is best done with a supportive walking shoe — not a flimsy, flat- or low-heeled sandal.



### BBQ boo-boos

There are few things that say summer like throwing steaks or burgers on the barbie. Yet backyard grillers need to remember it's the food they want to sizzle, not themselves. Most serious burns occur either because the chef lit the outdoor grill incorrectly or used the wrong fuel, doctors say. Whether cooking up burgers, kebabs or hotdogs, the use of long-handled tongs to turn the food also will help prevent searing skin or clothing. For minor burns, hold the area under cool (not cold) running water for 10 or 15 minutes or until pain subsides or immerse in cool water or use cold compresses (not ice). Cover the burn with a sterile gauze bandage and take an over-the-counter pain reliever. For major burns, seek immediate emergency medical help.

### Scorching sunburn

Nasty sunburns are a common injury in the summer. With a first-degree sunburn, soothing creams such as those containing aloe vera can help, as can cold compresses. And the person should keep themselves well-hydrated with water or other non-alcoholic beverages. But with more severe burns that cause persistent redness, pain, blistering and peeling, seek medical attention. Extremely bad sunburns may need treatment with corticosteroid creams. Of course, prevention is preferable, as repeated sun exposure can give rise to serious skin diseases later in life. Keeping exposed skin slathered with a minimum of SPF-30 sunscreen is de rigueur during the summer months.



### Bug bites

While warm weather gets people outside, it also brings out the creepy-crawlies like spiders and ticks, as well as summer's curse on wings — blood-sucking mosquitoes — and potentially stinging bees and wasps. As with sunburn, prevention is the best medicine when it comes to insect bites. There are a number of steps to avoid mosquito chow downs, including staying indoors from dusk until dawn when the critters are most active. Keeping ankles covered with socks and wearing long-sleeved pants and shirts — especially in light-coloured fabrics — can help keep bugs at bay. Covering exposed skin with sprays or other topical products containing DEET can also discourage the little biters, as can getting rid of standing water around the home.

# 3

# THE

# Calling all herbivores! This grilled dish is just for you

## Grilled Tofu with Maple-Soy Glaze



This recipe serves four. ROSE REISMAN



**ROSE REISMAN**  
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rosereisman.com or follow  
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Grilled tofu with a tasty Asian sauce is a great vegetarian substitute for protein.

Be sure to purchase the firm tofu so it doesn't break apart.

If the sauce gets too thick just reheat it gently or add a little more maple syrup.

1. Cut the tofu into six equal squares.
2. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Sauté the tofu for 4 minutes per side or until lightly browned. Place

## Nutritional analysis

Per serving: 115 calories, 7 g protein, 15 g carbohydrates, 0.3 g fibre, 3.6 total fat, 434 mg sodium

on a serving dish and keep warm.

3. To make the glaze, combine the soy sauce, maple syrup and cornstarch in a small saucepan. Whisk together until the cornstarch dissolves. Bring to a boil, then reduce the heat to low and whisk constantly for 2 minutes or until slightly thickened.

4. Pour over tofu and garnish with sesame seeds and cilantro.

## Ingredients

- 1 12 oz package firm tofu
- 3 tbsp low-sodium soy sauce
- 3 tbsp maple syrup
- 2 tsp cornstarch
- 1 tsp sesame seeds
- 3 tbsp chopped cilantro

## Ingredients

- 1 cup (250 ml) dried chickpeas
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/4 cup (60 ml) chopped fresh parsley
- 1 tbsp (15 ml) lemon juice
- 2 tsp (10 ml) ground cumin and ground coriander
- 1 1/2 tsp (7 ml) each salt, baking powder and paprika
- 1/4 tsp (1 ml) cayenne pepper
- 1/3 cup (75 ml) chickpea flour or all-purpose flour
- 1 cup (250 ml) cooked and cooled U.S. brown rice

- 1/2 cup (125 ml) vegetable oil (approx)

## Lemon Tahini Sauce

- 1/2 cup (125 ml) tahini
- 6 tbsp (90 ml) lemon juice
- 1/4 tsp (1 ml) each salt, pepper and ground cumin
- 6 tbsp (90 ml) water

## To Assemble

- 5 pita breads
- 2 or 3 tomatoes, thinly sliced
- half cucumber, thinly sliced
- 1/3 cup (75 ml) finely diced red onion (optional)

# Falafel me this: Why not add some rice to these tasty bites?

1. In large bowl, pour enough cold water over chickpeas to cover by 2 inches (5 cm); let stand for at least 4 hours, or overnight. Drain well.

2. In food processor, coarsely chop chickpeas, onion, garlic, parsley, lemon juice, cumin, coriander, salt, baking powder, paprika and cayenne, stopping

to scrape down sides once or twice. Add flour until blended, about 5 seconds. Add rice, pulsing just until incorporated, with some grains remaining. Let stand for 30 minutes, or cover and refrigerate for up to 12 hours.

3. Pour enough oil in heavy-bottomed skillet to come 1/4



This recipe makes 30 pieces. RICEINFO.COM

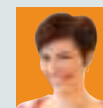
inch (5 mm) up side of pan; heat over medium heat. Shape mixture by heaping tablespoonfuls into balls; flatten to 1/2-inch (1 cm) thickness. In batches, fry falafel patties, turning once, until golden brown and cooked through, about 5 minutes. Transfer to paper towel-lined plate to drain. Transfer to baking tray and keep warm in 200 F (100 C) oven while cooking remaining patties.

4. Lemon Tahini Sauce: In small bowl, whisk tahini with lemon juice, salt, pepper and cumin until smooth. Whisk in enough water to make pourable sauce.

5. Cut each pita in half; open to form pocket. Stuff each with 3 falafel patties, plus some tomatoes and cucumber. Drizzle with lemon tahini sauce; sprinkle with red onion, if using. RICEINFO.COM

## Health Solutions

## Become a grill champion



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

You really ought to know the difference between barbecuing and grilling — if only so you can be pompous and pedantic at your next party. The differences involve time and temperature: grilling uses high heat and a quick cook, while barbecuing is low and slow and often with charcoal rather than gas. Most of us are pressed for time and that means we grill.

## Mastering grilling

- Preheat your grill to maximum to heat the grate fully. It doesn't matter what the temperature gauge says, you want your food to hit a red-hot

surface so it doesn't stick and it does caramelize quickly.

- Clean, scrape and oil your grill after and before each use. Old food burns and leaves a bitter taste, not to mention potential bacteria.

- Chicken benefits from a quick warm up in the microwave before grilling to ensure that it doesn't dry out before it is cooked through.

- Fish does well on foil or a grill pan that can go straight to the table so you don't leave half of the delicate flesh on the grill.

- Steak does better with a quick marinade or rub, but no salt. Salt draws moisture from the flesh.

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# Give kids an active (not idle) summer

With another school year in the books, Lyne Proulx is working to help ensure her son's summer down time will be more active than idle.

Proulx, from Ottawa, said her 14-year-old, Mathieu, will be helping at his grandfather's farm as well as exploring potential volunteer activities. Mathieu will attend day camp, as he did last summer, where he enjoyed a range of fun-filled activities. But Proulx said it won't dominate his vacation time.

"He's not going to want to go all summer," said Proulx, founder and editor of the Ottawa Mommy Club, a moms and kids online magazine. "We do little getaways. Every week there's something planned." Proulx has had support from fellow parents, noting that adults who were free would take turns rounding up the youngsters (8-11 year olds) for an activity. For parents of kids who may be too young for a job or are seeking an activity that's an addition or alternative to camp this summer, here are three ways to keep them engaged.

## Take on a project

Summer can be prime time to have kids tackle a new, creative challenge — and one that's a team effort. Bunch Family founder Rebecca Brown, whose website is devoted to arts, news and culture for parents, said she's heard of families who team three or four kids to take on a collective project, which could involve working on coding or creating an art installation. "It provides some structure for kids to spend their summer pursuing things that they're passionate about as a group," said Brown, a mother of two. Parents who may be lacking in technical skills or expertise needn't worry: there are plenty of kid-targeted offerings to help guide youngsters keen to try their hand at computer programming. Scratch is a project of the Lifelong Kindergarten Group at the Massachusetts Institute of Technology (MIT) Media Lab. Provided free, it's designed for kids aged eight to 16, allowing them to program interactive stories, games and animations they can then share online.



## Get hooked on books

Got a bookworm in the family? Brown said parents can help create some structure around their child's love of reading by crafting a summer challenge, such as aiming to finish reading a designated number of books during their vacation. Regardless of whether or not kids are avid readers, there are ways to transform this typically solitary activity into an engaging group effort. The B.C.-based Teen Reading Club (TeenRC) lets youngsters convene online to share views on a vast range of books from classic to contemporary fare, post reviews and comments and share creative projects inspired by their favourite reads.



## Lend your time

GetInvolved.ca aims to help simplify the process for youngsters on the hunt for volunteer opportunities by allowing applicants to narrow potential postings based on areas of interest and skill set. According to the site, summer is prime recruitment time for events-based opportunities, and individuals can also pursue virtual volunteering opportunities.

The Nature Conservancy of Canada encourages individuals to share how Canada's natural places inspire them by using creative outlets such as writing or artwork. People of all ages can sign up to be roving reporters, submitting newspaper-style articles, non-fiction stories, photo essays and blog posts highlighting the work of conservation volunteers. "Not everyone can make it out into the field, but we think that encouraging people to have a positive experience related to nature is really a great thing," said Lisa McLaughlin, manager of conservation compliance with the Nature Conservancy of Canada. **THE CANADIAN PRESS**



# Ain't no rest for the children, cuz money don't grow on trees



It can be fun to see your bank account grow from all your hard work picking strawberries. ISTOCK IMAGES



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

With luck, you have a working kid in the household this summer. An income is a wonderful thing when you're young. Whether it comes from mowing grass for neighbours, walking dogs, babysitting or even a lemonade stand, earned money is different than an allowance bestowed by mom and dad.

What youngsters do with those first job dollars can lay down a lifetime pattern of saving and spending.

Let kids make mistakes, by all means. I blew my first dollars earned picking strawberries on candy to feed a voracious sweet tooth. But soon I realized that saving was quite a pleasurable experience.

Kids usually love to see their money grow in a piggy bank or a real bank. However, parents should also guide their spending. Saving involves not doing something, i.e. spending. On

the other hand, spending is all about doing, i.e. buying.

Most people focus on saving as a key first financial lesson. But I find that children respond better, and learn more, by becoming smart spenders. Making the decision to buy this and not that hones a whole different set of skills than simply stashing money.

In fact, smart spending actually leads to saving as children quickly learn that if they want awesome Thunder trucks and an Almost deck for their skateboarding passion, they

have to save. The easiest way to teach good spending habits without being heavy-handed is to pose this question: "How do you want to spend your summer money?"

Simply initiating the conversation makes a child feel responsible and, indeed, powerful. This all-important question raises all kinds of possibilities. Often youngsters don't differentiate between what they want now and what they might want later.

Parents can seed their thoughts on spending by

bringing the future into focus — summer or winter holidays, a big school trip or a visit to grandparents. All might entail spending — which means saving now.

Instead of divvying up summer money in the classic way of spend, save, share, concentrate on allotting it to spending. Short, medium and long-term saving will flow naturally out of this.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca





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# CANADA A TOP-TIER EDUCATOR: REPORT

A recent report from the Organisation for Economic Co-operation and Development (OECD) identifies Canada as one of the most well-educated countries in the world and offers compelling evidence for the value of post-secondary education in the face of ongoing economic uncertainty and increasing global competition for skilled labour.

Education at a Glance 2013, OECD's annual review of education systems around the world, offers a broad range of

comparable national education indicators, including indicators on student demographics, the human and financial resources invested in education, the operation of education systems, and the social and economic outcomes of learning.

This year's report highlights Canada's top-tier performance in tertiary education attainment. More than 50 per cent of adult Canadians hold a college diploma or university degree — the highest rate among all OECD countries. By comparison, the

OECD average for 2011 was only 32 per cent. Canada has the highest proportion of college graduates (25 per cent).

While Canada continues to lead in overall tertiary education attainment, the rate of growth in the proportion of post-secondary graduates in many other countries is outpacing that in Canada. Canada falls to third place when considering only the younger cohort of adults (those between the ages of 25 and 34) with a post-secondary credential.



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Thursdays @ 5pm  
Room A2017

Learn about Weekend College, Graduate and Professional Studies and our other full-time programs starting September 2013.

[fanshawec.ca/infosessions](http://fanshawec.ca/infosessions)



# Mysterious Jays: It's all right, it's all right ... it's not all right

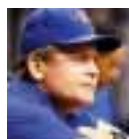
**On edge in T.O.** Highly-touted club has looked both like a contender and a bottom feeder through first half of 2013

The Toronto Blue Jays have been at their inconsistent best this season.

The optimism that surrounded the team at the start of the year was nearly snuffed out by a terrible start. An 11-game winning streak brought some relief, but the 43-45 Jays are hovering near the .500 mark and need a second-half surge to get in the playoff mix in the AL East.

There have been some big disappointments and some intriguing surprises.

## Starting point



**"It all starts on the mound with our starting rotation. If they pitch good, we've got a shot."**

Jays manager John Gibbons

The starting rotation has struggled more often than not. The bullpen — thought to be a soft point at the start of the year — has been dominant.

Sluggers Edwin Encarnacion and Jose Bautista are posting big numbers again but too many weak points remain in the lineup. First baseman Adam Lind is enjoying a bounceback year and shortstop Jose Reyes has impressed with the bat and the glove.

Injuries have taken a big toll and forced manager John Gibbons to be creative.

So is this the squad that was among the worst in the majors to start the season? Or is it the one that looked as if it couldn't be stopped last month?

It's hard to tell.

"Well that little run we made in the last few weeks, we're resilient, we could have disappeared," Gibbons said in a recent interview. "It would have been easy to really just disappear but they didn't do that. They show up to play every day and that's all we can ask for."

The rotation looked so deep in early April but the performances have been so uneven.

R.A. Dickey has only shown flashes of his Cy Young form. Josh Johnson dealt with injuries and has yet to get on track.

Mark Buehrle soaks up in-



Jose Bautista, left, and Jose Reyes — unlike the Jays' starting rotation — have lived up to expectations on the field so far in 2013. CHRIS YOUNG/THE CANADIAN PRESS

nings but often allows a lot of runs. Brandon Morrow was mediocre before going down with a forearm injury and J.A. Happ saw limited action before taking a liner off the head and

injuring his knee.

But Gibbons remains optimistic that his team can still move up the division standings.

"We've got to play better than we did in the first half but

I expect us to stay in this thing," he said. "But we've got to be solid. We've got to get really good starting pitching and we've got to swing the bats."

THE CANADIAN PRESS



Chris Weidman, left, and Anderson Silva embrace after Saturday's match in Las Vegas. THE ASSOCIATED PRESS

## White touting Silva-Weidman sequel as UFC's biggest fight ever

A pumped-up Dana White headed to the gym Monday morning and started planning Silva-Weidman 2.

"It will be the biggest fight we've ever done in the UFC," the UFC president told The Canadian Press from Las Vegas.

Biggest because Chris Weidman upset Anderson Silva on Saturday night in Las Vegas. And because of the manner in which the middleweight champion was dethroned.

The 38-year-old Silva, who had won all his 16 previous

UFC fights, clowning his way to a loss. As he had done in other recent bouts, he dropped his hands and egged his opponent to hit him. In the past, his reflexes had kept him out of harm's way. But this time Silva got clocked in the second round

and went down. Referee Herb Dean stepped in after Weidman got in a flurry of blows on the champ as he lay on his back.

White called UFC 162 the most-pirated event in the organization's history.

THE CANADIAN PRESS

## NFL

### Ryan battles bulls during Jets' break

Rex Ryan spent part of his summer vacation running from angry bulls.

The New York Jets coach joined thrill-seekers on Sunday and Monday in the annual running of the bulls at the San Fermin festival in Pamplona, Spain.

THE ASSOCIATED PRESS



New York Jets head coach Rex Ryan  
GETTY IMAGES FILE

## Hockey Hall of Fame

### Lamoriello hopeful this is Burns' year

Lou Lamoriello gets chills at the suggestion that Pat Burns could be inducted into the Hockey Hall of Fame some three years after his death.

"He loved the game, was very successful at what he did," the New Jersey Devils general manager said of the late head coach. "I would be

just ecstatic if Pat went in."

The 2013 class will be announced Tuesday, and Burns is one of a few borderline candidates again, joining the likes of two-time Stanley Cup-winning Philadelphia Flyers coach Fred Shero and Hart Trophy-winner Eric Lindros. A couple of the best defencemen of the 1990s — Chris Chelios and Scott Niedermayer — are favoured to get in, but after that it's up for debate. THE CANADIAN PRESS

## NHL



**"There's still times that you can go out and get a hit and get big hits that are clean."**

Forward Matt Cooke, saying he wants to shed his dirty player image with his new team, the Minnesota Wild.



## Horoscopes

### Aries

March 21 - April 20

What you have to do today will only be a chore if you think of it as a chore. Remember too that although your head may be full of big ideas, it's taking care of the little things that makes a difference.

### Taurus

April 21 - May 21

You may be a bit old-fashioned in some things but in others you are light years ahead of everyone else and what you dream up today could make you a fortune tomorrow.

### Gemini

May 22 - June 21

If you are happy with the direction your life is moving that's great. If, however, you think there is a better route to where you want to go then maybe you should make changes. Think about it today.

### Cancer

June 22 - July 23

The planet Mercury rules reason and common sense but as it is currently moving retrograde through your sign it's quite likely that your thinking is a bit mixed up.

### Leo

July 24 - Aug. 23

Yesterday's new moon gave your confidence a boost but there is still a lot of hard work to be done before your number one dream can come true. Remember you live in the real world, not a dream world.

### Virgo

Aug. 24 - Sept. 23

Over the next few days you will notice an improvement in your affairs, at home and at work. Today though you will have to deal with someone who rubs you the wrong way.

### Libra

Sept. 24 - Oct. 23

Be nice to people today but don't go too far or they may see it as a sign of weakness. On the work front especially, you need to look and sound as if you know what you are doing.

### Scorpio

Oct. 24 - Nov. 22

There is no point getting involved in a fight you are unlikely to win. It's all about percentages: If the odds are stacked against you then why waste time and energy trying to improve them? Move on.

### Sagittarius

Nov. 23 - Dec. 21

The planets warn this is not a good day to take chances with money. Mercury's deceptive influence will encourage you to take a risk that could end in disaster. Steer clear.

### Capricorn

Dec. 22 - Jan. 20

What starts out as a simple conversation could quickly degenerate into a severe disagreement, but now you know that you will resist the urge to tell people why they are wrong and you are right.

### Aquarius

Jan. 21 - Feb. 19

You may have checked the facts of a situation already but check them again. Today's Sun-Mercury link makes it easy to overlook something small that is of huge importance.

### Pisces

Feb. 20 - March 20

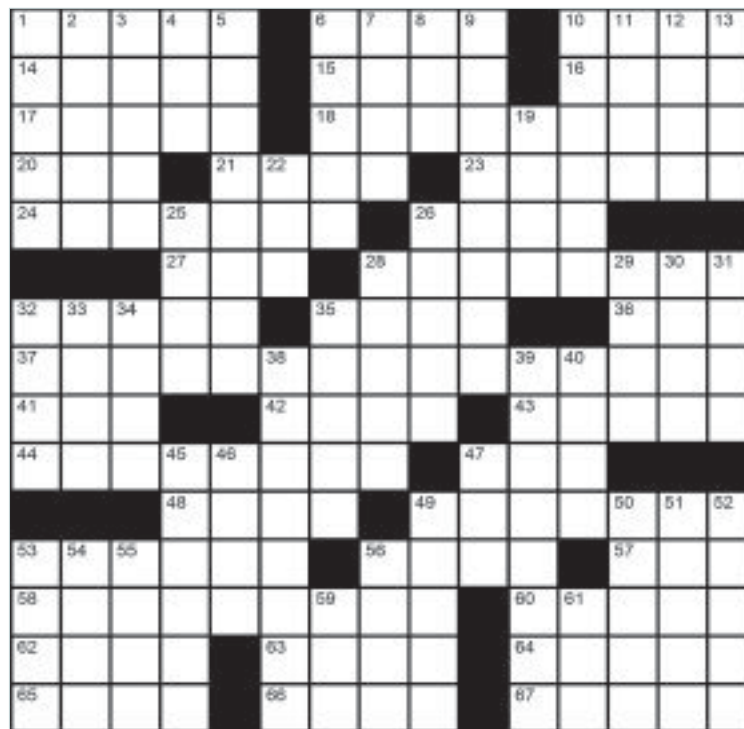
The good news just keeps on coming! What you hear today will cheer you up but if you are smart you will realize it is not quite as amazing as some people claim.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

- Wedding gown neckline, \_\_\_-catcher
- Wagon
- The Dalai \_\_\_
- Exterior
- Repenter
- Santa \_\_\_ (Hot winds)
- Change \_\_\_ prince (Be the fairy tale frog, do this)
- Winnipeg Blue Bombers home, \_\_\_ Group Field
- Whopper
- Biblical verb
- Have \_\_\_ (Show mercy)
- Military rank signifiers
- Our version of the CIA
- Elton John's title
- RCMP officers
- Own up to
- Luxury label
- Eggs, Latin-style
- 'The Godfather of Canadian Hip-Hop': 3 wds.
- Hockey great Bobby
- Klutzes
- Suppress
- Cowboy hats
- Merriment
- Let up
- Nickname of the Toronto Argonauts
- Declare
- Wheat \_\_\_
- Whitesnake hit: "Here \_\_\_ Again"



- Governor General of Canada from 2005 to 2010, \_\_\_ Jean
- Rankin \_\_, Nunavut
- Sister on "Charmed"
- Origin
- Spicy sauce
- \_\_\_ orders, as on

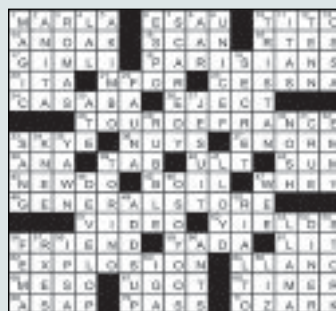
- menus
- Some sandwiches
- Big name in hotels
- Down
- Springs
- Put the machine to use: 2 wds.
- Speak
- \_\_\_ periculo (At my own risk, in Latin)

- Actor in Shania Twain's "That Don't Impress Me Much": 2 wds.
- Illusionist Mr. Angel
- Uncle's wife
- Increase, with Up
- Pirate's hoard
- Most recent

- Old World buffalo
- Dave \_\_\_ (1965 PGA Championship winner)
- Legal drama job, \_\_\_ DA
- Knee-to-ankle midpoint
- Poet's 'over'
- Egyptian goddess

- Beer brand, \_\_\_ Light
- Annoys
- Des Moines' state
- Pre-day nights
- Beauty pageant contestant's accessory
- Book of \_\_\_ (Old Testament book)
- Pub game prop
- Mother: French
- Halifax-born singer, Melanie \_\_\_
- Alarm clocks on farms
- BC community called the 'Outdoor Recreation Capital of Canada'
- Actress, Helen \_\_\_
- Small chuckle
- Cake make, \_\_\_ Lee
- Pro
- Red veggies
- Ms. Jovovich of movies
- Discharge
- \_\_\_ home (Out)
- Rocker's speakers
- iPhone's voice-activated helper
- Gulf War missile
- Clump
- Mr. Ferrigno
- Yea's opposite

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



**Today** 28°/18° Thunderstorms 40%

**Wednesday** 28°/14° Thunderstorms 70%

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A woman with blonde hair, wearing glasses and a blue and white striped shirt, is looking slightly to the side. The background is blurred, suggesting an outdoor setting.

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